



Weird Tactical Training Tips

with Chris Sajnog of www.NavySEALShootingTactics.com

1. “Defragging The Hard Drive”

Another term for this is *meditation*.

- Meditation teaches you to focus the mind.
- Close your eyes and focus on your breath.
- You don’t want to “clear” your mind; you want to focus on one particular thing.
- The person who wins a gunfight is the person who can put their focus most clearly and quickly on the one thing that matters.
- When you meditate, you are teaching every cell in your body to “become conscious.”
- You can tap into this through meditation.
- This can help you make fast tactical judgments in dangerous situations.

2. Have A Personalized Training Plan

One size definitely does not fit all when it comes to training plans.

- What works for one person may not work best for you. Tailor the plan to YOUR needs.
- We all learn at different rates and start from different beginning points.
- If your plan isn’t personalized, you’ll either waste time on things you already can do, or skip things you don’t know how to do well.
- Our learning paths are all different. Every time you train, you become a different person. Adjust training plans EVERY DAY.
- What is your “why?” Why are you training? That will teach you the “how.”

3. Conditioning

This is working on things like your eyesight, grip strength, and physical exercise.

- We are the weapon. A firearm or other weapon is just a tool.
- Physical conditioning makes you a better warrior in whatever dimension is required.
- Even improving your vision (which is possible) can make you more “tactical.”
- Table tennis can help improve eyesight.
- Train like a warrior to become one.

4. Shorten The Feedback Loop

Feedback is what happens when you attempt a task and see how it worked (such as shooting).

- The shorter you can make your feedback loop, the better.
- Isolate individual movements and seek feedback on each one, rather than doing batches of movements and then looking at them after the fact.
- The sooner you can recognize problems and fix them, the better and faster you’ll learn.
- For example, when shooting, look at the results of each individual shot, then readjust, rather than shooting several shots and looking at the group.
- Video feedback can help with this. Training partners can also help.

5. Sleep

If you get less than 5 hours of sleep, you will forget 75% more information from the day before than someone who got 7 or more hours.

- Training is building memory. Insufficient sleep cuts your memories and dulls your reflexes.
- Sleep is vital to turning memory into action.

Prepare. Train. Survive.